

Youth and Junior Upgrade Policy

CX

New Ability Based Category Structure for Youth

Building off the success of the youth development road and track series, athletes 9 to 16 years of age can now self-seed based on their 2018 cyclo-cross results into four (4) ability categories (A, B, C, and D grade) at regional and Ontario Cup sanctioned events.

CATEGORY	SUGGESTED SEEDING
A Grade	U17 Male/Female – finished top 5 in the 2018 Ontario Cup series
B Grade	U17 Male/Female – finished in the pack in the 2018 Ontario Cup Series U15 Male/Female – finished top 5 in the 2018 Ontario Cup series New U17 Riders
C Grade	U15 Male/Female – finished in the pack in the 2018 Ontario Cup series U13 Male/Female – finished top 5 in the 2018 Ontario Cup series New U15 & U17 Riders
D Grade	U13 & U15 athletes who consistently finished in the pack New U13 & U15 Riders

The goal of the youth ability system is to build the skill level of youth, preparing them for a life-long enjoyment within the sport. Parents and coaches are reminded that the focus of the youth ability system is on the development of the child and building continued participation in the sport. Age-based categories will return at the Provincial Championship where a U13, U15, and U17 champion will be recognized.

Athletes eligible for these categories (ages 9-16 as of December 31, 2020) are allowed to self-seed in the category they feel is most appropriate for their skill level. In-season upgrades/downgrades within this ability based system will be at the discretion of the athlete, their parent/legal guardian, and their coach (should they have one).

Eligibility for Upgrade to Junior/Elite categories

U17 Males – Junior Men

2nd Year U17 Male Athletes (Born 2004), as well as some exceptional circumstances, may be given special consideration to upgrade to the Junior Men category. To be eligible for consideration, applicants must be in the top 1/3 of the series standings in the **A GRADE**.

U17 Females – Elite 3 Women

2nd Year U17 Female Athletes (Born 2004), as well as some exceptional circumstances, may be given special consideration to upgrade to the Elite 3 Women's category. To be eligible for consideration, applicants must be in the top 1/3 of the series standings in at minimum the **B GRADE**.

Junior Males – Elite 2 Men

2nd Year Junior Athletes (Born 2002), as well as some exceptional circumstances, may be given special consideration

to upgrade to the Elite 2 Men's category. To be eligible to submit an upgrade request for consideration, applicants must have earned a **minimum of 20 upgrade points** in the current season*.

*Exceptional Circumstances may be considered.

Factors Considered for an Upgrade to be Granted

Athletes must have previously competed in their current category prior to submitting an upgrade request and may not submit a request for more than one age category above their current age category. (i.e. Male athletes who have not yet raced in the Junior Men's category cannot request an upgrade to Elite).

Other items that may be considered by the committee when deciding on an upgrade includes:

- Competition within the athlete's current category
- Lap Times at events the athlete competed in
- Avg. Speed at events the athlete competed in

Provincial Championships

Riders are expected to race their Nationally recognized category at the Provincial Cyclo-cross Championships. The one exception to this rule is riders under 17 who have been upgraded to the Junior category for the cyclo-cross season. These riders will be eligible to compete for the Junior Championship (similar to road).

Any requests to upgrade should be submitted no later than Monday at 9am the week of the event for consideration.

National Championships/Pan Ams

Any upgrades for these events will be subject to Cycling Canada approval. For specific information related to that process please consult the event/championship technical package.

Process

1) Coaches must complete and submit the OCA Upgrade Request form below.

2) Upgrade requests must be submitted a minimum of six (6) days prior to the event which the upgrade is being requested for. (An upgrade request for an event on Saturday or Sunday must be submitted **NO LATER than Monday at 9am** of that week for consideration).

3) The committee responsible for reviewing youth and junior upgrades will be comprised of a minimum of three members which may include the OCA Membership Manager, OCA High Performance Manager, and a designate member (unaffiliated with the athlete). Alternate committee members may be used as necessary, provided they are not affiliated with the athlete requesting the upgrade.

4) Decisions for upgrade will take into account the following items:

- a) Competition within the athlete's current category
- b) The athlete's previous/current season results
- c) The athlete's lap times and average speed in events.

d) The athletes sanctioned race history

e) The impact on the competition field

Additional Considerations

- When strong competition exists within a category, the priority will be on maintaining the existing field.
- To ensure alignment with Long Term Athlete Development (LTAD) practices/theories, appropriate race distances will be a strong consideration in the review process. Therefore, riders may be denied an upgrade for one race but approved for another based on the length of the race.
- Exceptions to the above policy may be made to accommodate extraordinary circumstances.

Youth Upgrade Request Form - CX

Please complete this form if you are requesting an upgrade for a youth (Under 17) or Junior athlete to upgrade their Regional or Ontario Cup Cyclo-cross category.

Requests should be completed and/or supported by an NCCP certified cycling coach. The Committee will only consider sanctioned cyclo-cross race events. Events such as club events will not be considered when reviewing the applicant's request.

Requests will be reviewed based on the information provided below. For any information on the process or eligibility for upgrades, please read the **Youth and Junior Upgrade Policy – CX** (Cyclo-cross) document.

Please email your request to support@ontariocycling.org

Athlete Name:

Athlete Date of Birth (YYYY/MM/DD):

Club/Team (If Applicable):

Coach's Name:

Event (Name specific event or season)

Requested Category:

Reason for Request:

Race Results:

Date	Race Name	Result (in Cat)	Result Web Link

Please note all decisions by the Committee are final.